

3

foundations of mental wellness



1

Be good to yourself

Go out, play and hang out with good friends or family to improve your mood. Follow a daily routine and aim for 3-5 nutritious and balanced meals or snacks to keep you energized.

2

Exercise

Get moving! Try aiming for 30 minutes of physical activity per day to fight fatigue and reduce stress.

3

Sleep

It's important to get a good night's sleep. Try aiming for 7-9 hours of sleep every night to help you feel refreshed.

Information Provided By:

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